

that of the forehead) consists in its breaking, while that of one of the Ruchaka kind (as a tooth) consists in its cracking or splintering.

CHAPTER CXCI.

DHANVANTARI said;—Now h*-ar me, O Sushruta, discourse on the recipes of medicinal compounds of infallible efficacy, which I shall shortly enumerate for the good of all creatures. Ingestion of astringent, pungent, bitter, acid or parchifying articles of fare, anxiety, -strual excesses, physical fatigue, fright, grief, late hours, loud talking, carrying of inordinately heavy weights, 'undue application to any kind of work and fasting are the factors, which tend to aggravate the bodily Vfyu, which is naturally Aggravated during the rainy season, after the digestion of food, and at the close of day. Similarly, ingestion of hot, acid, saline, alkaline, pungent and indigestible articles of fare in general, exposure to heat, and indulgence in cups and anger are the factors, which tend to aggravate the Pittam, which is spontaneously aggravated during the process of digestion, in summer and autumn, and at the middle part of the day or night. Ingestion of sweet, acid, saline, emulsive, cold, or heavy (of digestion) articles of fare, use of newly harvested rice, or of the ^flesh of animals that live in pools

or in marshy places, want of
physical exercise, vday sle[^]p,
and sedentary habits in general are
the factors, which tend
to aggravate the Kaphah, which is
spontaneously aggravated
in the morning, just after eating
ind in the spring time
Roughness of the skin, contraction
of the limbs, an aching
sensation, tympanites, anaesthesia,
horripilation, -atrophy or